

Quick Vegetable Sauté – Vegan – SOS

Prep Time: 10 minutes
Cook Time: 10 minutes
Total Time: 20 minutes

Serving Size: 4
Calories per serving: 61
Fat per serving: 0

Ingredients

- 2 zucchini, sliced
- 1 red onion, diced
- 1 red bell pepper, sliced
- 1 cup broccoli florets
- 1 cup sliced mushrooms
- 1 cup shredded cabbage
- 2 teaspoon crushed garlic
- 1/2 teaspoon curry
- 1/2 teaspoon cumin

Instructions

1. In a nonstick pan over medium-high heat sauté onion, bell pepper, broccoli, zucchini, and garlic for 5-8 minutes.
2. Add curry, cumin, mushrooms, and cabbage and mix well.
3. Keep cooking for another 3 minutes, then remove from heat.

Notes

Nutrition facts (per serving): Calories: 61, from fat: 0, total fat: 0g, cholesterol: 0mg, sodium: 59mg, total carbohydrate: 9g, fiber: 4g, sugar: 0g, protein: 6g.